

## The Importance of spirituality on health experiences of Iranian diabetic women

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### Abstract

**Introduction:** Health research and services are dominated by a biomedical model which understands health as the absence of disease in the physical body. The dominance of this approach has resulted in the absence, silence and refutation of lay perspectives on health, particularly those with chronic illness.

**Methods:** Using phenomenology approach, this study provides an avenue to hear the voices and stories diabetic women who live in Ardabil, Iran.

**Results:** Analysis of the data shows that for this group of women, the meanings of health and the way it is experienced can be seen as an amalgamation of spiritual principles which holistically touches the various domains of their lives. The women in this study experience health as physical, emotional, social, and above all in spiritual dimensions.

**Conclusion:** These findings would be useful in guiding the development of meaningful and effective health care services that are sensitive to the diverse experiences of health.

**Keywords:** Diabetes, Health, Spirituality, Religion, Phenomenology.